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**American Red Cross**  
Oregon Trail Chapter

## **FIRST AID BASICS, Certification**

The objective of this class is to give individuals in the workplace the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive and take over. The session does not include information on breathing or cardiac emergencies.

### **Class Content:**

- ◆ Learn how to recognize and handle an emergency.
- ◆ Learn how to check the scene for safety and the victim for consciousness.
- ◆ Learn when and how to move a victim from a dangerous scene.
- ◆ Describe when to call and how to interact with Emergency Medical Services (EMS).
- ◆ Learn why and how to apply basic precautions to reduce the risk of disease transmission during and after providing care.
- ◆ Learn how to prioritize care for life-threatening injuries or sudden illnesses, and how to check a conscious victim for life- and nonlife-threatening conditions.
- ◆ Learn how to recognize and care for a victim of sudden illness.
- ◆ Learn how to care for different types of wounds, including burns and bleeding.
- ◆ Learn how to recognize and care for a victim of a heat- or cold-related emergency.
- ◆ Demonstrate how to control external bleeding.
- ◆ Demonstrate how to recognize and care for muscle, bone, and joint injuries, including injuries to the head, neck, and back.

**Class Fee:** \$36

**Certificate Validity:** 3 years

**Wednesday, Feb. 15th**

**1:00 – 5:15 p.m.**

Green-Wyatt Federal Bldg.  
1220 SW 3rd Ave., Rm 315  
Portland, OR 97204

To register, go to [www.oregon.feb.gov](http://www.oregon.feb.gov)

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